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36° | 33° (

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TUESDAY



Rain then Chance Rain

WEDNESDAY

Mostly

THURSDAY

35° | 28°

Mostly

FRIDAY

38° | 31°

Mostly Sunný

Top Democrats make case for Republicans to endorse Trump impeachment

Senate trial may be short with no witnesses called.

Top Democrats in the U.S. House of Representatives made a last-minute pitch to Republicans on Sunday for why they should put partisanship aside and vote to impeach President Donald Trump.

Trump is expected become the third U.S. president to be impeached when the full Democratic-led votes on the charges, likely this week, setting up a trial in the Republicancontrolled Senate.

Intelligence House Committee Chairman Adam Schiff, speaking on ABC's "This Week," warned that Trump poses "a clear and present danger" to democracy.

Schiff and House Judiciary Committee Chair-Jerrold Nadler, man speaking on the same show, said lawmakers have a constitutional duty to hold Trump to account for trying to recruit Ukraine to launch a corruption investigation into his Democratic political rival Joe Biden.

Their comments come



U.S. President Donald Trump ascends into the stands during the annual Army-Navy collegiate football game at Lincoln Financial Field in Philadelphia, PA on December 14, 2019, REUTERS

as the Democraticallycontrolled U.S. House is poised later this week to vote along party lines on whether to approve two articles of impeachment. Republican-controlled Senate has shown little appetite for remov-

ing Trump from office.
"The miscondi misconduct hasn't stopped," Schiff said, noting that Trump has still urged Ukraine, as well as China, to investigate the Biden family, and that Trump's personal at-torney Rudy Giuliani is still traveling to Ukraine to conduct a "sham" investigation.

"The threat to our election integrity ... goes on. It's a clear and present danger, I think, to our democracy and not something that we can turn away from simply because the Republicans in the House refuse to do their duty.

Both Democrats used their air time on Sunday to urge the Senate to call witnesses and seek

"Wow, that would be big. Always heard Jeff is very smart!"

Donald Trump

that they said the White House has withheld.

Senate Majority Leader Mitch McConnell has raised the prospect of conducting a short Senate impeachment trial without calling any witnesses.

Nadler on Sunday said such a move would do a disservice to the Senate,

whose members will all effectively serve as jurors who will need to weigh the evidence to decide whether Trump should be convicted and removed from office.

Some of Trump's staunch Republican de-fenders in the Senate have already said they

believe Trump did nothing wrong, though others have taken a more cautious approach, saying they want to see the evidence first.

During an interview with CNN International at the Doha Forum in Qatar on Saturday, Republican Senator Lindsey Graham dismissed the idea that he should be a "fair juror" and said he does not see the need for a formal trial in the Senate.

But Republican Senator Pat Toomey on Sunday said on NBC's "Meet the Press," "I think we ought to hear what the House impeachment managers have to say, give the President's attorneys an opportunity to make their defense, and then make a decision about whether and to what extent we go forward from there."

Separately this weekend, the Washington Post reported that Rep. Jeff Van Drew of New Jersey, an anti-impeachment Democrat, will soon join the Republican

Trump tweeted in response to the news: "Wow, that would be big. Always heard Jeff is very

Babe Ruth 500th home run bat sells for over \$1 million

Babe Ruth may have died more than 70 years ago, but the baseball slugger is still turning out big numbers. The bat he used to hit his 500th home run in 1929 has sold for \$1,000,800. The bat, a gift from Ruth to a friend in the 1940s, was bought at auction in California by an unidentified buyer, SCP Auctions said. It follows a bat, which the Sultan of Swat used in 1923 to hit the first home run out of the



original Yankee Stadium, that sold for a record \$1.3 million in 2004. "Babe Ruth memorabilia continues to be among the most prized artifacts for all worldwide collectors," said SCP Auctions President David Kohler in a news release. REUTERS

China suspends planned tariffs on some U.S. goods

China has sus-China has suspended additional tariffs on some U.S. goods that were meant to be implemented on Dec. 15, the State Council's customs tariff commission said on Sunday, after the world's two largest economies agreed on a "phase one" trade deal on Friday. The deal, rumors and leaks over which have gyrated world markets for months, reduces some U.S. tariffs in exchange for what U.S.

officials said would be a big jump in Chinese purchases of American farm products and other goods. China's retaliatory tariffs, which were due to take effect on Dec. 15, were meant to target goods ranging from corn and wheat to U.S. made vehicles and auto parts. Other Chinese tariffs that had already been implemented on U.S. goods would be left in place, the commission said in a statement. REUTERS

Grinch and Spider-Man tried to steal Christmas...

Cops cuffed two people dressed as the Grinch and Spider-Man Thursday for allegedly getting in the way of pedestrians looking to see the famous Christmas tree at Rockefeller Center. The costumed individuals allegedly formed a barrier, blocking foot traffic, according to NBC. Police also gave criminal court summons to a man dressed as Captain America. The police did not share

their names with media outlets. They could face fines for disorderly conduct. This is not the first time this year the fictional favorites have clashed with the law. Metro reported that earlier this year, an individual in an Elmo costume groped a 14-year-old in Times Square. The characters involved in the Rockefeller incident seem to have migrated from Times Square. BECCA GLASSER-BAKER



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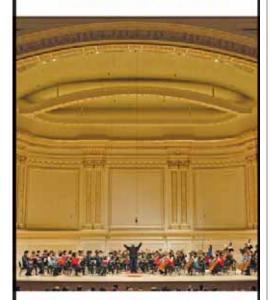
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On one hand, it's hard to predict. But the damage may already be done. local experts say.



MICHAEL MARTIN

With a House vote impeach President Trump imminent, a trial in the Senate is all but inevitable. Much less clear is how that trial would affect Trump's re-election chances in 2020.

The House impeachment hearings, with its testimony by 12 witnesses, produced days of headlines, including Ambassador Gordon Sondland's assertion that Trump asked for a quid pro quo with Ukraine, and Russia expert Fiona Hill's assertion that Ukraine meddling in the US election was a "fictional narrative."

But they didn't have much effect on Trump in the polls: according to a FiveThirtyEight average of polls, 48 percent of Americans support removing Trump, with 46 percent opposed. That's basically where the numbers fell before the hearings began.

Yet the hearings haven't helped Trump's re-election chances either: a Dec. 10 Quinnipiac poll found six Democratic candidates would beat Trump in a general election, and frontrunner Joe Biden would best him 52 to 41 percent.

The format of a Senate trial is unclear. Reports indicate that witnesses are

unlikely to be called. Both House speaker Nancy Pelosi and Senate majority leader Mitch McConnell are said to favor a quick resolution. The Republican Senate is unlikely to convict and remove Trump.

And don't expect those proceedings to have much effect on 2020, local experts say.

"I think the net effect, in terms of increasing approval of what Democrats are doing or decreasing Trump's popularity as the result of it, will turn out to be a wash in the short term," says Robert Y. Shapiro, professor of political science at Columbia University. "In the long term, assuming this happens quickly, it will become a more distant memory by the time of the election.

That could change if the Democrats continue their

.

investigations into Trump's conduct. Democrats filed a court case to force White House counsel Don Mc-Gahn to testify to Congress after the White House barred him from doing so. It's unclear whether that court case would continue after an impeachment trial, with Democrats still seeking testimony from McGahn, Trump's lawyer Rudy Giuliani, former security adviser John Bolton and others. If so, "it continues to be a cloud over the Trump administration," says Shapiro.

There's a risk that Americans have tuned out over the course of the House hearings, leaving little appetite to follow any Senate trial. "My guess is that in the court of public opinion, not many people are going to be moved by it," says George Picoulas, professor of political science at Pace

impeachment trial hurt Trump in 2020? University. "Most Americans have made up their minds. What's going on is political theater to engage the base within two political parties. But we don't know what kind of theater we're going to see in the Senate."

Some political observ-ers speculated that impeachment proceedings would fire up Trump's base. The Dec. 10 Quinnipiac poll found Trump's job approval rating at 41 percent, nearly unchanged. It's unclear whether that base will be enough to win 2020's battleground states. Trump has not taken many steps to grow that coalition during his first term, and impeachment proceedings seem not to have gained him new followers.

Meanwhile, the Democratic base remains highly activated, and the swing voters who gave Trump a try in 2016 - suburban women and former Obama voters — may already be turned off enough to swing back to the Democrats.

'This is basically still bad news for the Trump administration, to have an impeached president running in 2020," says Shapiro. "I think the election is the Democrats' to lose. It almost doesn't matter who they run, as long as they rally around that candidate."

"The consensus, at least what I hear from my sources, is that if the Democrats get their base out, it will be more than enough to win," says Picoulas.
"On the assumption that President Trump has not increased his coalition."

Will Senate

ALL PHOTOS GETTY IMAGES

If Donald Trump is impeached this week, he will become the third president in United States history with the ignominious honor. **HERE'S WHAT**

.

HAPPENED THE LAST THREE TIMES IMPEA-CHMENT WAS REACHED OR NEARED.

ANDREW JOHNSON Charge: Violating the Tenure of Office Act (later ruled unconstitutional) Result: Acquitted by Senate on May 26, 1868, which fell short of twothirds majority needed for impeachment by one vote.



RICHARD NIXON Charges: Obstruction of justice, abuse of power,

contempt of Congress Result: Facing virtually certain impeachment in the wake of the Watergate scandal, the process was abandoned after President Nixon became the first (and only) U.S. president to resign on August 9, 1974.

BILL CLINTON Charges: Perjury, obstruction of justice Result: Acquitted by Senate on February 12, 1999, which voted 45-55 on the obstruction of justice charge and 50-50 on the perjury charge.

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Flowers are laid near the entrance of Barnard College on December 12, 2019 in New York City. Eighteen-year-old Barnard College student Tessa Majors was stabbed to death in Morningside Park on Wednesday evening. GETTY IMAGES

NYPD union prez: **Majors was looking** to buy marijuana

Tessa Majors was stabbed to death in Morningside Park on Wednesday evening.



HOLDEN WALTER-WARNER

A new claim from the leader of the Sergeants Benevolent Association aims to pinpoint a motive behind the shocking murder of 18-year-old Barnard College student Tessa Majors.

During an appearance on The Cats Roundtable on AM 970, Benevolent Sergeants Association president Ed Mullins stated that Majors was in Morningside Park on Wednesday evening attempting to buy marijuana.

"What I am understanding is that [Majors] was in the park to buy marijuana," Mullins stated.

According to the NY Post, the NYPD is looking into whether or not marijuana was a factor in the stabbing death of Majors. A friend of hers reportedly told investigators that Majors was seeking to buy weed in Morningside Park.

After being arrested, a 13-year-old boy allegedly told detectives that he and a couple of fellow minors robbed Majors at the park before one of them stabbed and killed her. It's unclear, however, if the minors were involved in any drug deal prior to Majors' murder. It's also unclear what the motive behind the stabbing was. A 14-year-old was released from police custody on Saturday.

It's possible Majors was at the park to buy marijuana, but her murder was completely unre-lated. Additionally, the revelation was made by the president of the Sergeants Benevolent Association, but the NYPD has remained quiet on the subject so far.

Mullins also stated, "We have a common denominator: marijuana. If you think about that, we don't enforce marijuana laws anymore. We are basically hands-off

"We have a common denominator: marijuana. If you think about that, we don't enforce marijuana laws anymore. We are basically hands-off on the enforcement of marijuana."

Sergeants Benevolent Association prez Ed Mullins

According to ABC, divers were searching the ponds of Morningside Park on Saturday, presumably seeking evidence or a murder weapon.

Worth noting, nobody has publicly tied the stabbing death to a drug deal gone wrong.

on the enforcement of marijuana."

A candlelight vigil was set to be held at Morningside Park in Majors' honor on Sunday evening as memorials have sprung up around Barnard College to commemorate the young

Doctors Urge Knee Pain Sufferers "Don't Get ANY Surgery Until You SeeThis..."

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

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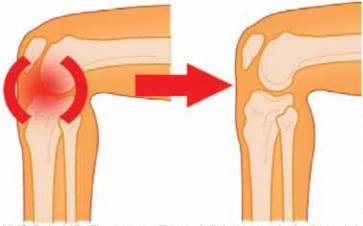
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

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NYC Pain MD "Treatment Formula" A protocol of advanced medical treatments that has already helped thousands.

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- · Stem Cell Therapy (Lipogems)
- · Genicular Knee Block
- · And more.

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The Lego Foundation: Messages of hope at Oculus

Event to spread awareness of the effects of war. conflict and natural disasters on children in East Africa.



LEGO FOUNDATION

The LEGO Foundation was at The Oculus at the Westfield World Trade Center Saturday encouraging people of all ages to write messages of hope for children living in refugee situations in East Africa.

The purpose of the pop-up was not only to bring encouragement and support to children, but also to shine a spotlight on the lack of access to proper education experienced by displaced children of the "forgotten crisis" in East Africa. Related



sister installments took place in London and Copenhagen and will be in Geneva during the 1st Global Refugee Forum as well.

response, the children in the refugee camps and communities in East Africa will be writing about their hopes and aspirations which will be displayed for global leaders at the Learning through Play event in Geneva on Dec. 17 and 18, to coincide with the Global Refugee

Forum, to bring attention to protracted crises and the children affect-

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Democratic 2020 U.S. presidential candidate and former U.S. Vice President Joe Biden speaks while former 2004 Democratic presidential nominee John Kerry sits during Biden's "No Malarkey!" campaign bus tour in Cedar Rapids, Iowa, U.S., December 6, 2019. REUTERS



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Texas a linchpin in **Biden's Super Tuesday** strategy

Biden is the frontrunner for Democratic nomination.

With the first Democratic nominating contests less than two months away, former Vice President Joe Biden is already looking beyond to Super Tuesday in March, when some of the biggest electoral prizes will be up for grabs.

Biden traveled to Texas on Friday, a state his campaign sees as crucial to securing the nomination. While California looms as the main event on March 3, when 16 states and territories cast ballots, Texas could be the real difference-maker for him.

Opinion polls show the Democratic fractured in California, which has 416 delegates at stake. But in Texas, where more than 220 delegates are in play, a CNN poll released this week showed Biden with a 20-point lead.

Biden campaigned in San Antonio, on his first trip to the state since September, amid signs his presidential bid has stabilized after a stretch where he faced questions about his performance on the campaign trail and fundraising.

"You're going to be seeing a whole lot of me between now and November, God will-

ing," Biden told the crowd. While there, Biden picked up several endorsements from local elected officials, including San Antonio's former mayor, Phil Hardberger.

He remains atop the 15-candidate Democratic field in national polling while rivals have faded. U.S. Senator Elizabeth Warren's bid has been losing steam and U.S. Senator Kamala Harris,

once considered the biggest threat to Biden's grip on African-American voters, dropped out of the race.

The exit of former U.S. Representative Beto O'Rourke of Texas from the race also seems to have worked to Biden's benefit in that state.

Julian Castro, the former U.S. Housing secretary and himself an exmayor of San Antonio, remains in the presidential race.

The nominating contests begin in February in Iowa and New Hampshire. Biden trails Pete Buttigieg, mayor of South Bend, Indiana, and U.S. Senator Bernie Sanders in those states, which offer just 65 pledged delegates

> "You're going to be seeing a whole lot of me between now and November. God willing"

Given Biden's strength with African-Americans and, to a lesser extent, Latino voters, his campaign has long focused on a strategy less reliant on wins in those early states, which are overwhelmingly white, in favor of a long-term effort to rack up delegates in larger, more diverse states.

More than 1,300 delegates will be award-ed on Super Tuesday, and Biden's campaign believes the delegate allocation method in Texas gives him a leg up there.

Police fire tear gas as Delhi protesters vent anger at citizenship law

Indian police fired tear gas and resorted to baton charges to disperse thousands of violent demonstrators who were torching vehicles in New Delhi on Sunday, as protests against a new citizenship law continued for a fifth straight day across the country.

The new law enacted on Dec. 11 has stirred protests across India, but the eastern part of the country, where resentment toward Bangladeshi immigrants has persisted for decades, has been among the worst hit. Violent demonstrations in the Indian capital have been on since Friday.

Prime Minister Narendra Modi's government says the new law will save religious minorities such as Hindus and Christians from persecution in neighboring Bangladesh, Pakistan and Afghanistan by offering them a path to Indian citizenship. But critics say the law, which does not make the same provision for Muslims, weakens India's secular foundations.

On Sunday protesters in South Delhi, including locals and some students, torched some buses, cars and two wheelers.

A Reuters witness said police resorted to baton charges and firing tear gas on the protesters to disperse them. The half a kilometer stretch of road where the protesters had gathered was strewn with glass, stones, broken bits of bricks and overturned motorcycles.

"About 4000 people were protesting and police did what they did to disperse them when the crowd burned buses," said Chinmoy Biswal, a senior police officer in the area. "If it had been a peaceful mob it would have been dispersed peacefully."

Police later in the evening stormed into the nearby Jamia Milia Islamia University campus where many protesters were believed to have fled and fired tear gas on the campus and marched some students out, while detaining others.

Many students from

the storied Muslim university have been protesting against the new law since Friday, when police first used tear gas to disperse protesters.

Waseem Ahmed Khan, a senior faculty member of the university told Reuters's partner ANI that police have entered the campus on Sunday.

campus on Sunday.

"Police have entered the campus by force, no permission was given. Our staff and students are being beaten up and forced to leave the campus," he said.

Students at the nearly 100-year old university took shelter in the library after police fired tear gas shells, said Tehreem Mirza, a student at the university.

"We had no intention of entering the university campus, we only want to maintain peace and order"

Chinmoy Biswal, police officer

"Police are inside the campus and have been firing shells for a while. That's why we went to hide in the library. Then we came out, we were walking on the footpath, they told us to put our hands up....Why should we do that? We are not criminals, we are students," said Mirza. "We saw smoke and burned buses, but that wasn't us. If someone did something from our community, that doesn't mean it was us."

Police defended their move to storm the campus saying they only entered as they were being pelted with stones from

"We had no intention of entering the university campus, we only want to maintain peace and order," said Biswal. Some injured protesters were taken to nearby hospitals and a mosque in the Jamia Milia Islamia University area, according to a Reuters witness. REUTRES



A man runs past a burning bus that was set on fire by demonstrators during a protest against a new citizenship law in





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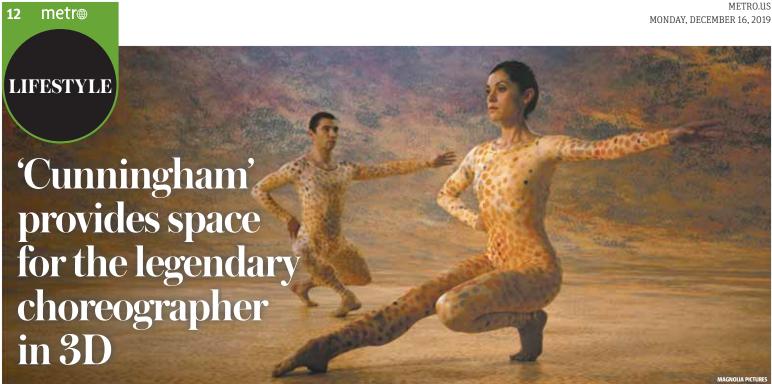
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We spoke with director Alla Kovgan about her brand new documentary. JAMES CASE

Films about dance, or focusing on the performance of dance, are uncommon in their own right. Film and dance feel like both contrasting and conflicting mediums. One remembers the idiom circulated by Steve Martin about how writing about music is "dancing about architecture."

Dance's immediacy is all through bodies - their fragility, strength and arduous movement - portrayed and expressed in restraint, indignation, precision and rapture. This art fundamentally becomes not just difficult, but perhaps inadequate to properly capture on film. It's a flat, fixed rectangle that barks light and sound from a fixed perspective. To expect it to pick up the grace and subtly that best comes from proximity to the performers, or at the very least sharing the room with them, could easily be a fool's errand.

"Cunningham" succeeds under these fixed circumstances is what makes the documentary all the more compelling. Merce Cunningham, the celebrated choreographer and dancer - who was consistently labeled as 'avantgarde' or 'new dance' yet refused to apply any labels to his own works - always refused to articulate the intent or mysteries behind his dances. His interest laid in developing the relationships with his dancers and the range of movements could incorporate into dance. At one point, Cunningham declares a paradox, with a profound sense of depth and clarity: "I have nothing to say and I'm saying it."

The inherent and elusive qualities of Cunningham's work are on full display in stunning 3D. "3D is really good at working in space. I feel like the best 3D film will have no cut and for dance it's really good because dancers can dance," said director Alla Kovgan, making her feature debut. "3D works in space and Merce worked in space, you can feel the distance between people, you're more concentrated, your brain works 30% harder. You allow yourself to watch and then you start seeing things.'

Cunningham worked tirelessly with a core company and "Cunningham" showcases his dances from 1942 to 1972, presenting in chronological them order. The earlier dances start with one or two people and we essentially see snippets. As the film progresses, we feel oscillating tones from his collaborations with John Cage and Robert Rauschenberg, and see the dances become more complex and run with a half dozen people for long stretches.

"I actually don't think Merce ever engaged with cinema, you know, in a kind of big screen cinematic experience, I knew him as a thinker, you know, the kind of artist but not the human being, you know? And so this deep dive into the research of trying to understand who he was because as all you know, documentary filmmakers, we're always try-

The film is intercut with sequences portraying his thoughts on dance, collaboration, New York and art as a whole, along with archival footage of Cunningham, Cage and Rauschenberg. Cunning-ham's focus is honed, vibrant, revealing and contemplative. When at their early stage, the company toured the country and were once assumed to be comedians and overall not received cordially and with little financial return. The company relied on each other, having in common "their ideas and poverty." In France, a cultural home to the different, challenging and experimental in art, they were literally pelted with tomatoes and eggs. Only in London, deep into his career, did Cunningham and his company get the type of recognition and

success they deserved. The constraints and delayed gratification in Cunningham's career were mirrored in Kovgan's creation of her documentary. Production took seven

shooting. Kovgan worked with the last company that worked under Cunningham directly, until he passed in 2009. The film feels like a channeled portal of Cunningham himself.

"I felt they never got to dance enough his work, unlike previous companies," Kovgan stated. "I felt like we have to give them a chance, you know, they have to carry his legacy. It's actually his legacy as much as theirs.

The easiest thing one can do is compare "Cunningham" to the 2011 Wim Wenders film "Pina," with which this production shares crew members. This is a skin-deep comparison simply because they share the same mediums. One wouldn't side-by-side Audrey Lorde and William Blake. And "Cunningham" doesn't share the same overwhelming flourishes of emotion, color and candor of "Pina," much of that has to do with the relative inaccessibility and restraint inherent to Cunningham's work. This film isn't for anyone with a cursory interest in dance

and prefers art to be pretty and crowd pleasing. Much of this has to do with the source material - Cunningham's work is complex, oblique, stimulating, in-explicable, with the "je ne sais quoi" and "mise en scene"-ness of it all that makes high art ineffable and not mainstream. The criticism that abstract art can feel "cold and passionless" only carries validity if that's what we are informed we should expect from art - warmth, comfort and passion. When our expectation of what art and dance becomes more complex and nuanced, so can the returns. As Cunningham and Cage moved closer to a notion of art not having any expectations or clearly defined rules, we sense that the purest form art enables the audience to better see what is possible, and what has always been possible, and not just merely what we've been told is in front of us. And Kovgan and Cunningham's dancers should be commended for highlighting an artist who deserves this exact type of focus and attention to



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Ronny Chieng takes on America in his new Netflix stand-up special

The special will be available to stream tomorrow



Ronny Chieng loves America. But as someone who has only been living here for five years, he can poke fun at it in the same way as someone who is invited over to your family for dinner. With his newest Netflix standup special, "Asian Comedian Destroys America!," the Chinese immigrant, Daily Show correspondent, and star of "Crazy Rich Asians" weaves together a narrative picture that navigates his love/hate relationship with America and much more.

The following interview was edited down for space.

In your new special you talk about how Americans have taken a lot of comfort in the convenience of all of this technological innovation and how we make a big deal whenever things don't go our way in the slightest. Is that something you catch yourself doing? There is something indulgent about America, for sure. When you come from somewhere else, it's very striking the amount of services and the amount of stuff here. There's a lot of stuff, a lot of food, a lot of packaging. I think it's striking when you first come here. That's not to say that other countries don't have the same things. Environmental issues define every country. Not to single out America. But we are in America and we are talking to Americans. I think Americans have a



struggle with consumerism. To have the comforts of technology and have everything at your fingertips and to be at the forefront and pinnacle of human innovation in every aspect and every industry. We're kind of at the forefront here and

we have to think about the impact it has on the rest of the world. I'm declining free t-shirts and people give me free stuff and I'm like, 'I'm so sorry I can't take this free t-shirt, it will just end up in the river.' In the special, you make

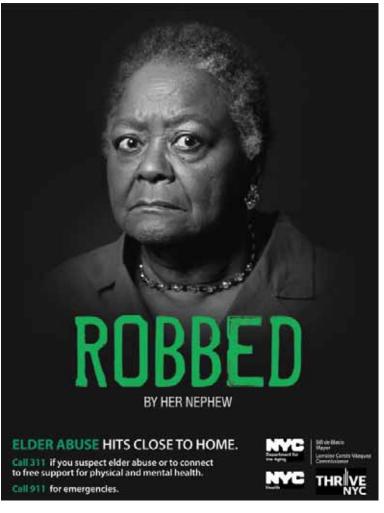
a great comparison between America and the NBA. Both strive and expect to be the global standard but in some ways have some pretty hollow ideals in the process.

. I'm a first-generation immigrant so I look at everything in America very hopefully. I'm here because I feel like this is better than everywhere else where I came from. I'm here by choice. I don't see the hollowness, I see the aspirational aspect. It's like, 'This is the best and we say it's the best so we should have high standards. When standards drop, someone should call it out. Someone should call it out because we expect better because we're supposed to be the best.' If it was any other country it would be like, 'Well, this sucks, because it's supposed to suck. Be-

cause it's a lower division.' But it's like, we're in the NBA, the jerseys should fit! We should have water ready to go. I can see why it's a really hollow ideal. It's two sides of the same coin. Where you see hollow ideals, I see it as aspirational. You've been living in New York for the past 5 years and talk about how people are just so

open to talking about how they really feel at that given moment. Do you think this is a general American' characteristic? I think America, as a whole, the idea and the philosophy of freedom of speech and you shouldn't be scared of saying how you feel. That leads to why outside of America we think of Americans as kind of brash or outspoken. That idea of speaking out I think is a very American thing.





Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know -No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried many treatments... especially countless pain medications.

Experienced doctors understand that even though pain medications such as antiinflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as antiinflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgicenter facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



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Meet Ai-Da, the ultrarealistic robot artist



It uses AI to create masterpieces that spark "discussions about our future."



DANIEL CASILLAS, MWN]

The UK-based Aidan Meller gallery came up with the idea of creating the world's first ultra-realistic robot artist. And now Ai-Da, who looks like a woman with bionic hands, can draw, participate in collaborative projects, and create sculptures. Metro chatted with Leighanne Murray, an art consultant at the gallery, to learn more about the cyborg.

Who's Ai-Da?

Ai-Da is the world's first ultra-realistic AI robot artist. She can draw, and is a performance artist. As a machine, with AI capabilities, her artist persona is the artwork, along with her drawings, performance art, and collaborative paintings and sculptures.

Why did you decide to create it?

We are interested in contemporary art that is able to relate to people and encourage thoughtful discussion about our future.

Creating human skills in a machine form is a way to get people thinking and discussing.

How did you get Ai-Da to draw?

Ai-Da has cameras in her eyes. She uses AI algorithms to turn images into a human sketchlike drawing style, which she then draws using her robotic arm. Ai-Da uses a wide range of technology, including AI and robotics.

Does this robot only reproduce images or is it able to create its own artworks?

Ai-Da uses AI programs. That means she is drawing unique pictures of what she sees. Each drawing is different and cannot be reproduced.

Are her work exhibited somewhere?

Ai-Da had her first

exhibition at St John's College, University of Oxford, earlier this year. It included her drawings, performance artwork, and sculptures that were made using machine-human collaboration.

Could Ai-Da replace human artists?

Ai-Da helps us reflect on our future where technology is becoming increasingly pervasive, but she doesn't replace human artists. She is able to work alongside humans. For example, she recently worked with artist Sadie Clayton at the Tate Exchange, encouraging dialogue about identity, and it was really exciting to see the two artists collaborate creatively.

What does the future hold for Ai-Da?

She will encourage people to respond to George Orwel and Aldous Huxley's Brave New World in the 21st Century, through thought-provoking artworks and discussions.

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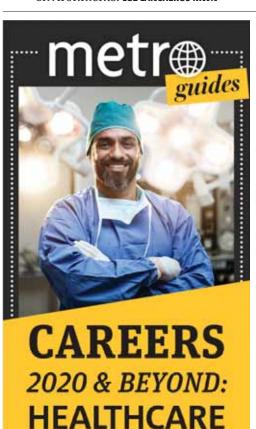
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Co-working space. ALL PHOTOS ISTOCK

Spaces, schedules and activities are now designed to boost well-being. Metro highlights some of the changes in work environments. **LUZ LANCHEROS MWN**



Pub date: Wednesday, January 8th

Space deadline: Monday, December 23rd

for advertising, contact Shari White at 917.830.3337 or shari.white@metro.us, or visit media.metro.us

Although it may seem a thing of the past, for many employees work still forms the biggest part of their life. Being in the office all the time, going out late at night and thinking on the way that it doesn't matter how you feel, as long as you do what you are asked ... in many places such culture is considered old-fashioned. However, in others, it is a reality. And it is affecting the productivity of employees themselves. According to the World Health Organization, depression suffered by 264 million people worldwide has an economic impact of a trillion dollars per year lost in productivity.

And that happens because of little flexibility, toxic bosses and a bad working environment, among other factors. In fact, the same organization recommends better labor practices to optimize productivity and care of this disease in a collaborative manner. But the truth is that many companies have already closed their offices, using co-working spaces or other techniques to improve the productivity of employees. Smart working is among those.

But what is that? It could also be called "te-lework," "home office" or remote work. It is set to provide flexibility of time and space to the employees. The company saves

money on physical structures. The model is more popular among millennials. According to a study dubbed, 'The Deloitte millennial survey' by deloitte.com, 64 percent of millennials value having the opportunity to work from anywhere. They do it with tools like Slack, Basecamp and Asana, among others. Companies like American Express have already adapted the model. And a report presented by Te-

lework showed that those working in sales achieve 26 percent more calls and 43 percent more business compared to office workers.

"Smart working goes beyond telework in the sense that we are looking for communication and working methods that allow us to perform well and work flexible hours, to generate a culture of trust and communication. That's the most important thing," Sara Torres, talent director at Alegra.com, a company that has employees in 35 cities around the world and is located in 11 countries, explained to Metro. This 100 percent digital company has no physical office and handles accounting, electronic invoicing and administration for small businesses. "We started three years ago and removed infrastructures to involve the best talents, no matter where they come from. The benefits are already seen in eliminating hiring systems and other costs. The productivity has increased. A Stan-

ford University study revealed that those who work this way are 13 percent more productive and 50 percent happier. We also eliminated travel stress, reduced absenteeism, increased team diversity and quality of ife of our employees."

life of our employees."

She added: "We use permanent contracts and try to find the best talents, we want to hire people from everywhere. Also, we look for tools to sustain this way of working. Before, everything was focused on the objectives, but it is important to improve the environment in order to achieve better productivity. It is important to trust our employees."

Because of the so-called 'Revolution 4.0,' many jobs performed by humans will be done by machines. But in the

Facts

Metro highlights data on smart working, revealed in Adecco's global report that was published in 2015:

- Although there are disadvantages such as isolation, distractions and the costs to be covered by the employee, only 17 percent of respondents rejected such way of working.
- 55% of the people worked from home at some point, and 46.5% did that using smartphones.
- 90.8% of the people would like to be able to work outside the office. Most of the surveyed prefer to do that from home.
- Some of the most popular smart working tools are Toggl, Blinkist, eHorus and Yammer, among others.

most demanding and creative environments, it is expected that working will continue to be more flexible. And smart working is a good option for that, as well as for brands that make their way into the market and industry, treating the employee as an asset and not a pawn to achieve vague corporate goals.

sports

Giants win one for Eli, end franchise-worst 9-game skid

In his last start at MetLife Stadium, Eli Manning helped lead the Giants to an easy win over Miami.



In what was likely his final time under center as the team's starting quarterback at MetLife Stadium, Eli Manning helped lead the Giants to a dominating 36-20 victory over the Miami Dolphins on Sunday afternoon.

The veteran quarterback — who threw for 283 yards, two touchdowns and three interceptions — had plenty of help to end the Giants' nine-game losing streak as running back Saquon Barkley reeled off a rare 100-yard performance, racking up 112 on 24 carries with two touchdowns.

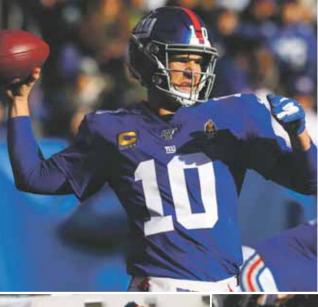
But Sunday belonged to the 38-year-old gunslinger, who was given a proper send-off by the home fans who adored him throughout 16 seasons and two Super Bowl titles.

Amongst the festivities, New York's defense also put together a seldom-seen good performance. The 20 points allowed were the third-fewest given up this season.

Though there were some shaky moments.

Miami's consistent red-zone issues carried into Week 15 to ensure the Giants stayed in it early.

After making a franchise-record seven field goals last week against the Jets, Dolphins kicker Jason Sanders missed his first attempt on Sunday from 49 yards out to ruin Miami's promising opening drive.











GETTY IMAGE

The Giants defense followed with a big stop on the Dolphins' next drive as Dalvin Tomlinson stuffed Patrick Laird on a 4th-&-1 attempt from New York's 10-yard line

Manning and the Giants offense couldn't muster a thing, though, while the defense managed to keep things scoreless for a quarter.

Miami finally broke through the Giants' defense with six minutes gone in the second quarter when Ryan Fitzpatrick hit DeVante Parker with a laser of a 20-yard score in which the receiver was wide open on the left side.

But out of nothing, the Giants provided a swift answer when Golden Tate managed to pull down a long pass from Manning that was bobbled for a 51-yard touchdown to tie it up just 1:02 after Miami's opening score.

Manning would be picked off on New York's following drive by Vince Biegel deep in Giants territory, leading to Sanders' first field goal of the afternoon, a 24-yard chip shot with 44 seconds left in the half to give the Dolphins a 10-7 lead at the break. The Giants' veteran quarterback would be picked off a second time on the last play of the second as he tried to get the Giants into field goal range.

He shook off the disastrous end to the half quickly and put the Giants back on top with their opening drive of the second half behind a six-play, 70-yard drive that was capped off by a five-yard touchdown pass to rookie Darius Slayton.

It was Slayton's eighth touchdown of the season, becoming the first rookie selected in the fifth round or later to score that many touchdowns in his first year since Marques Colston in 2006.

The Giants were poised to take a commanding lead moments later when Alec Ogletree forced a Ryan Fitzpatrick fumble on Miami's 33-yard line, but Manning was intercepted for the third time by Jerome Baker. The visitors would nab another field goal from Sanders off the turnover to make it a one-point game.

James Bettcher's defense found a way to make a play after Riley Dixon's punt pinned the Dolphins on the five-yard line. Following a false-start penalty, cornerback Sam Beal took down Laird in the end zone for a safety to put the Giants back up three

Getting possession

back on the free kick, the Giants further made the Dolphins pay when Barkley scored his first rushing touchdown since Week 7, a oneyard rush, to complete a quick three-play, 40yard drive.

Six seconds into the fourth quarter, Barkley picked up his second score of the game to put the Giants in control. The 10-yard scoring rush also put him over the 100-yard mark for the first time since Week 2.

While both teams traded touchdowns in the final moments, Manning took center stage when he was lifted from the game with 1:50 left, leaving the field to thunderous applause.



FINAL WEEK 15

20 36







Red-hot Panarin has NYR moving in right direction

While they aren't gaining ground in the division, the Rangers are reaping the benefits of signing the star winger.



It's safe to say the Artemi Panarin signing is working out well for the New York Rangers.

After beating out the crosstown Islanders for the Russian star's signature, the Rangers have used their shiny-new acquisition to shake off a difficult start to the 2019-20 season and start moving in the right direction.

That's promising, for a team whose rebuild was accelerated by a monster offseason.

The Panarin signing was just one of several key moves for the Rangers, who added Jacob Trouba and Adam Fox to bolster their blue line while picking up Kaapo Kakko with the No. 2 pick of the 2019 draft.

But a young roster under a head coach in David Quinn - who was hired to develop the multitudes of youthful talent within New York's ranks - was sitting at 8-8-2 through their first 18 games of the season.

Schedule today

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It was cause for concern seeing as Quinn's lineups and philoso-phy failed to utilize the youthful exuberance within the Rangers' ranks.

While whispers of his job security began to emerge, Quinn adapted, and he's put together a top-six that has been clicking, for the most

Mika Zibanejad's return from injury cer-tainly helped as the first-line winger missed 13 games with an upperbody injury.

Since his return, he has seven goals and three assists in his last 10 games, including four in his last two against the San Jose Sharks and Anaheim Ducks. It's been good enough to carry his linemates — Chris Kreider and Pavel Buchnevich - who have combined for just five points over

that same span.
It's the second line that Quinn has put together, though, that has done most of the offensive heavy lifting. Quinn put Panarin alongside Kakko on a line centered by Ryan Strome - a former castoff of the Islanders and later, the Edmonton Oilers with solid results.

Panarin continues to make those around him better in a season where he's averaging well over a point per game. Over his first 32 appearances with the Rangers, he has 19 goals and 23 assists (42 points).

Strome is having a career year with 28 points through 32 games while Kakko continues to find his footing in the NHL with 14 points through 30 games.

Panarin was red-hot during the Rangers' four-game road trip, where they went 2-2-0, recording points in each outing behind six goals and two assists. He became the first Ranger since Brendan Shanahan in 2006 to score a goal in every game of a four-game road trip.

More impressively, he became one of just four Rangers in franchise history to record 40 or more points in 31 games or fewer during their first season with the franchise. He joined some impressive company as Mark Messier . (1991-92), Wayne Gretzky (1996-97) and Marian Gaborik (2009-10) were the others.

He's a big reason why the Rangers are 8-4-2 in their last 14 games, but it still hasn't been enough to gain ground in a loaded Metropolitan Division.

The Rangers still sit in sixth place within the division, six points out of third place behind the Carolina Hurricanes and 17 points out



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of E Bill NYC LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 10/23/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 645 W. 160th St., #2F, New York, NY 10032. Purpose: Any lawful activity.

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what you want to achieve, and

don't stop until you reach your

Taurus Make a change for

the right reasons to avoid

being accused of emotional

manipulation. Spell out your

ideas clearly, and be willing

 ${
m I\hspace{-.1em}I}$ **Gemini** Engage in talks,

truth. Stick to the facts and

offer only what you are capa-

ble of doing. Use charm, not

aggression, to get your way.

Gancer Originality will help

you gain respect, admiration

and the hearts of those you

the end-of-year festivities.

let someone play with your

or you will lose control of

W virgo Take the path of

least resistance if you want to

get the most done. Creative

input and following through

with your plans will pay off.

Libra Lending a helping

hand will be appreciated

emotions. Don't show anger,

whatever situation you face.

love. Shop for unique gifts or make something special for

Leo Anxiety will set in if you

but don't embellish the

to take advice.

goal. Discuss sensitive issues

that need to be addressed.

Aries Set your sights on



Check your answers at metro.us/games

ACROSS

- 1 Actor Kilmer
- 4 Aerosol 9 20th-century U.S. president
- 13 Skimpy skirt
- 14 Forfeit one's right to
- 15 Bylaw
- 16 Sporting equipment
- 17 Sick
- 19 Muhammad
- 20 Miles per hour
- 21 Stringed instruments 22 Bakery purchases
- 24 Piece of china
- 25 Excuses
- 27 Duplicity
- 30 Lariats
- 31 Blackboard writer's need
- 33 Sra. or Mme.
- _ the night before
- Christmas...'
- 36 Beach souvenir
- 37 Blemish
- .go!" 38 "Ready,
- 39 Glowed
- 40 Martin or Harvey
- 41 Regain money lost 43 Generous one
- 44 Follower of Attila

metro.us/crossword

- 45 Musical drama 46 Chef's accessory 49 car; police vehicle
- 51 Foot digit
- 54 Tracking dog
- 56 Paper towel brand 57 "Why don't we!"
- 58 Ralph Kramden's wife the moon; elated 59
- 60 Simple
- 61 Sulks
- 62 Actress Ming-Na ___

DOWN

- 1 Small bottle
- 2 Look forward to
- 3 Fleur-de-
- 4 Steals
- 5 Window pieces
- 6 "Ticket to ___"; Beatles song
- 7 Rarin' to go
- 8 Positive reply
- 9 Group of actors or
- dancers
- 10 Vienna's nation: abbr.
- 11 Escape
- 12 Allen & Turner
- 13 Grad degree
- 18 Play a sitar
- 20 Zooms down snowy
- slopes
- 23 Lincoln's namesakes
- 24 Jailbird's room
- 25 Linkletter & Garfunkel
- 26 Closer to the ground
- 27 Valley
- 28 Absolutely necessary
- 29 Treasure discovered suey; Chinese dish
- 31 32 Egg layer
- 34 Suffix for young or

14 15 16 17 18 19 20 21 22 23 24 26 27 28 30 32 35 37 38 40 39 42 43 41 45 46 49 52 55 56 58 59 60 RY TCA

Arkadium

- 36 Have nothing to do
- with
- 37 Celebrity
- 39 Noise
- 40 Get rid of
- 42 Finicky
- 43 Black suit
- 45 Pound division
- 46 Qualified
- 47 Tearful request 48 Goes bad

9 4

7 8

1

6 5 8

5

4

2 5 9 4

1

9 7 3

6

1 4 8

- 49 Fly alone 50 Witty remark
- 52 Kiln

metro.us/sudoku

6 1

- 53 Cochlea's place
- 55 Show-off
- 56 Solemn promise

9

9

5

2 9

3

and reciprocated when you want a favor in return. A change at home may not be

2

6

1

9

5

8

1

M Scorpio Whatever needs doing, do it yourself. Relying on others will not work out. Take the path that entices you most when it comes to love, life and personal happiness.

welcome, but, in the end, it

will be to your benefit.

Sagittarius Do the research required to purchase the perfect gift for someone special, but stay within budget. Listen carefully to what others say. Someone will try to mislead you.

Capricorn You don't need to take on the weight of the world. You can do only so much for others; after that, it's no longer your responsibility.

Aquarius Don't mince words. If you are direct, you will avoid being put in an awkward position. If you make interesting plans with someone you enjoy being around, your relationship will grow into something special.

H Pisces Dig in and get things done before you implement new ideas or start another project. Your timing needs to be impeccable if you want to advance. EUGENIA LAST

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Р	Е	R
Α	Р	S
Ν	Е	W

Yesterday's Answers

SPAR

CAME

E L I T E P I E T Y R H O
B I A S S O L E S V I E W

T A T S E L L S S E V E N
D E B A T E P L A I N S

ARISTOTLE

E D S

SCAMPS

CHILL

RIDEST

E D G A R S I E G E

DDAY

EARS

GRIP

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